ABSTRACT OF THE DISCLOSURE

A hockey training kit comprising one or more steel practice balls of varying weights and diameters. Each of the steel balls is heavier than a hockey puck and is used for stick handling practice. The method of the invention includes teaching the proper wrist hand and arm motions for stick handling and offers training session schedules for significantly improving stick handling skills in 60 days.

Docket: IMA-0021-KWIKHANDS